

	<b>Montana Mental Health Nursing Care Center Policy Manual</b>	<b>Policy Number</b>	<b>1207</b>
		<b>Original Date</b>	<b>04/15/1998</b>
		<b>Revised Date</b>	<b>10/08/2015</b>
	<b>Department: Recreation</b> <b>Meeting Resident Needs</b>		

### **POLICY:**

All staff will promote quality activity programming to provide consistent quality care. The primary goal is to preserve dignity and increase self esteem by treating each resident as an individual.

### **PROCEDURE:**

Recreation staff, CNAs, and Nurses will work as a team to provide an environment which is reassuring, non-threatening, calm, accepting and non-judgmental by working towards the following goals:

#### **1. Provide meaningful activities:**

- A. Make the environment as homelike as possible.
- B. Encourage residents to perform familiar tasks which have had meaning to them in their past.
- C. Design to appeal individual resident interests.
- D. To enhance the resident's highest practicable level of physical, mental and psychosocial well-being.

#### **2. Provide opportunities for successful experiences:**

- A. Adapt the activity to functional skill and cognitive level. Give positive feedback for all efforts.
- B. Begin the activity at a level which provides the resident manageable choices and at a level in which the resident can succeed.
- C. Help to initiate, but allow resident to perform the task at their ability level.
- D. Reduce distractions.

E. Use consistency in routines and approaches.

**3. Improve Level of Alertness:**

A. Use name frequently and engage in appropriate conversation.

B. Offer tasks/magazines/ music/videos, etc. during unstructured time.

C. Use visuals denoting the season or holiday, etc.

D. Decorate bulletin board to season, date, year and upcoming holiday.

**4. Provide Enjoyable Sensory Experiences:**

A. Use objects familiar to resident and to their functional level.

B. Include pleasant and familiar aromas.

C. Use clear uncomplicated objects with bright colors and high contrast.

D. Use gentle non-threatening approaches.

E. Encourage appropriate touch with residents who enjoy it.

F. Play soft music or music from the resident's past.

G. Show movies or sensory videos that provide positive remembrances and reduce rather stimulate negative behaviors.

**5. Maintain Motor Skills:**

A. Provide movement groups as an outlet for energy and to improve physical fitness.

B, Provide large motor activities and games.

C. Encourage activity which enhances range of motion needs as indicated in individual care plans.

**6. Promote Awareness of Surroundings.**

A. Setting should be homelike with comfortable furnishing and colors with appropriate contrast for poor vision.

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- B. Avoid clutter in walk ways. Provide clear hallways for walking.
- C. Make recreational supplies available for residents to use and where all staff may assist residents with an activity.
- D. Group activities should provide a seating arrangement that allows residents to see and hear as clearly as possible.

**7. Provide opportunities for reminiscing.**

- A. Assist residents in reminiscing about experiences in their past.
- B. Encourage reminiscing in groups.
- C. Encourage reminiscing during 1:1 interactions including routine daily care.
- D. Use cues one at a time to encourage reminiscing.
- E. Assist residents in displaying pictures from the past.

**8. Provide opportunities for Socialization.**

- A. Encourage socialization daily in lounge, at meal time and during groups.
- B. Encourage residents to sit near peers with whom they have formed a positive relationship.
- C. Initiate conversation and encourage interaction with peers.
- D. Encourage participation in recreational activities of choice and ability level.
- E. Assist in escorting to an activity as needed.
- F. Monitor for wandering during off-unit activities.

**9. Encourage Independence and Creativity.**

- A. Staff will encourage residents to make choices for self in ADL's, during activities, at meal time and throughout the day.
- B. Questions should be clear and concise. Repeat if necessary and allow time for the resident to respond.
- C. If resident is unable to verbalize, look for non-verbal indicators.

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- D. Residents will be encouraged to attend groups that coincide with their specific interests.
- E. Residents are encouraged to have input in decorating their room in a homelike manner.
- F. Residents are encouraged to express their personal choice in style of clothing they enjoy wearing.

**10. Make the resident feel secure and included.**

- A. Use calm reassuring approaches.
- B. Staffing and staff approaches need to be consistent.
- C. Give positive verbal & non-verbal cues that communicate a safe friendly environment.
- D. Use residents name frequently.

**11. Provide meaningful communication.**

- A. Initiate conversation. Talk about things the resident may be interested in.
- B. Smile.
- C. Shake hands or some meaningful gesture they can remember.
- D. Use name indicated on Care Plan. Do not use pet names or terms of endearment. (honey, buddy or sweetie)